

HUNGER PROJECT REPORT – IX C

Putting Love on Every Plate for Those in Need



Report by Threya and Swarnika

26/10/2024

BACKGROUND: PRE-ACTIVITY VISIT:-

On 21st October, a group of students from our class conducted a pre-activity visit for the Hunger Project in RK Puram Sector 3 and 4 slum areas. We engaged with the local community, understanding their struggles and gathering insights for the October 26th distribution. We interacted with 5-6 families, discussing their lives and challenges.

Observations: Many faced financial difficulties, with limited income and struggling to afford basic necessities. One family of seven had only three working adults, earning ₹15,000/month. Another woman, supporting a family of 13-14, explained that they survived by selling flowers on the roadside. She mentioned that police recently confiscated their blankets, further worsening their situation.



Our team observed a stark contrast between our lives and those of the people we met, highlighting the struggles many families face in managing monthly expenses despite their hard work. This experience deepened our understanding of underprivileged communities and

underscored the importance of our school's Hunger Project initiative to provide food and basic necessities.

Introduction:

In a world where so many are caught up in daily routines, it's easy to overlook those who struggle daily just to get by. "The Hunger Project" was a unique initiative undertaken by our class to reach out to marginalized communities in our vicinity, offering not just food but genuine connection and care. This was more than just a project; it was an eye-opening journey, breaking down invisible walls and creating lasting empathy for those who are often unseen and unheard.

Objectives:

At the heart of The Hunger Project were these guiding objectives:

- To awaken our sense of social responsibility, reminding us of the ways we can support our community.
- To appreciate the value of food and adopt habits that reduce wastage.
- To cultivate genuine empathy for those whose lives are often marked by struggle.
- To learn and experience the power of teamwork and shared purpose.
- To develop responsibility by handling real-life situations and interacting directly with underprivileged communities.
- To gain insights into the daily problems faced by these communities and brainstorm practical solutions for change.

Teams and Their Missions:



The entire class was divided into dedicated teams, each playing an essential role in making the project both impactful and memorable.

1. **Documentation Team (Report & Photography):** Armed with cameras and notepads, the documentation team captured every moment and emotion of the project. From the intensity in the kitchen to the smiles in the community, they documented it all. Their job

was to capture not only what we did, but why it mattered.



2. **Distribution Team:** The distribution team brought the project to life by personally handing out the meals in nearby slum areas. More than just distributing food, they connected with people, learning about their lives, struggles, and joys, helping bridge the gap that often separates us.
3. **Grocery Team:** Essential to the project's success, this team gathered all the ingredients needed to prepare Rajma Chawal. In addition to sourcing items, they learned the art of budgeting, selecting quality, and ensuring everything was ready for the cooking team. Their contribution was like setting the stage for the grand act that followed.
4. **Cooking Team:** Guided by recipes and high spirits, the cooking team transformed raw ingredients into delicious Rajma Chawal within the school premises. They learned to cook in large quantities, balancing flavors while managing time, space, and cleanliness. By the end, they realized the satisfaction of working together to create something truly meaningful.



5. **Pre-Activity Team:** A core part of the project's success, this team visited nearby slum areas before the main event. They interacted with residents, listened to stories, and identified locations most in need of food. Through these interactions, the team gathered invaluable insights, laying the foundation for a distribution that was organized and meaningful.

MAIN DAY: The day of the project was filled with excitement, energy, and purpose. Starting early, each team assembled to carry out their responsibilities. While the cooking team chopped, stirred, and tasted, the documentation team captured the teamwork in action. The distribution team prepared to deliver, and the pre-activity team set out to guide them to the areas they had previously visited.

As we entered the slum areas, carrying containers of hot Rajma Chawal, we were met with smiles and curiosity. The simple act of sharing food transformed into something much more profound: a chance to connect, to listen, and to understand. People shared stories of their lives, their dreams, and their challenges. The project became a bridge, allowing us to see and hear people we might otherwise have passed by without a second thought.



Reflections and Learnings:

The Hunger Project was more than a community service—it was a transformative experience. Here's what we took away:

- **Empathy beyond Words:** Speaking face-to-face with people facing such hardships touched us deeply. Listening to their stories reminded us of the importance of understanding lives that differ greatly from our own.
- **Gratitude for Food and Abundance:** Seeing people's gratitude for a simple meal instilled in us a newfound appreciation for food. It reminded us of our responsibility to avoid wastage and recognize the privilege of having enough to eat.
- **The Power of Teamwork:** The success of this project lay in our unity. Each team's role,

from documentation to distribution, taught us that great things can be achieved when everyone works together with a shared goal.

- **Social Responsibility in Action:** The Hunger Project showed us that being part of a community means helping one another. It's not only a privilege but also a duty to give back, even in small ways.
- **Realizing Real-Life Challenges:** Listening to the daily challenges faced by slum residents—like access to clean water, healthcare, and job opportunities—sparked discussions about how we can bring change in our own ways, now and in the future.

FEEDBACKS AND REVIEWS:-

Aarav: It was incredibly rewarding to see how a simple meal can bring joy and hope to someone's day.

Cinlal: For me, this was a chance to showcase my cooking skills and that too for a good cause.

Kanishk: I liked talking and getting to know about the people and their experiences in their day to day life.

Threya: This experience has deepened my understanding of community and the impact of generosity. Seeing the gratitude on people's faces reminds me of the power of compassion and motivates me to continue giving back.

Swarnika: I've realized that everyone deserves kindness, and sharing food is a simple way to show it. It makes me feel proud to be part of something bigger.

Conclusion: The Hunger Project taught us that even small acts of kindness, like sharing a meal, can break down walls and build bridges. We left the slum areas with a mix of emotions—satisfaction, empathy, and a sense of purpose. Our hope is that this experience stays with us, reminding us of the difference we can make and the people we share our community with. The values of compassion, teamwork, and responsibility will guide us in becoming empathetic, active citizens committed to creating positive change in the world.

Report on Labour Day Lemonade Distribution

Organised by Students of XI

The following report is based on the **Hunger Project** organised by the students of **Class XI** on **1st May 2024**. The report includes the key objectives of this activity, procedures as well as the feedback received from the participants.

Objective

- To celebrate often overlooked contribution & hard work of the labourers in our society
- To learn the value of working as a team
- To understand our responsibilities towards our community

To improve the management skills of the students by assigning them with resource assessment, budgeting, ingredient collection, cooking and distribution of food.

- To eradicate the preconceived notions regarding people from different sections of the society.
- To Instil mindfulness and empathy towards others in the society
- To make the participants ponder on the challenges faced by people and to come up with ideas to tackle the challenges.

Distribution Drive **ta ki hui hai kya hai t ributions to be nts** prepared fresh lemonade in the morning by squeezing about 5 kilograms of lemons by hand, bringing sugar and distributing it evenly in the lemon water. Considering the scorching heat the students decided to add mint leaves as well. After about 60 litres of lemonade was prepared it was evenly distributed in several utensils, campers and canisters. Further, the students boarded the bus and packed the things that were to be taken. The school's social work teacher Ms. Agnes Joseph also accompanied the students to guide them. At around 11:00 am the bus reached the AIIMS area where everyone got off the bus and started distributing the lemonade to the labourers, their children and families who were also having camps by the roadside.

Tremendous amount of team work and coordination helped in the success of this project since some students were handling the disposable glasses, some were briskly pouring the lemonade into the glasses while the rest were handing the glasses over to people.

The project was partially accomplished as the students were able to distribute nearly all the lemonade they brought with themselves. However they look forward to fully accomplishing their set goal by further participating in more such activities to provide more aid to the people in need.

Such an activity not only provided the students with the opportunity to develop skills to manage such an event but also gave them an insight into the lives of people outside the school. The life beyond "materialism" which is most people out there are struggling to meet their "basic necessities".

The following are the feedbacks given by students who volunteered in this activity:

1. "Feeding the hungry is not just an act of charity, but a demonstration of our shared humanity. Let us nourish bodies and souls alike with compassion and generosity."-Zain Suhail XI-A
2. It was a good experience, helping us to understand the needs and interact with the underprivileged section of the society and bring some joy and hope in them in regard to the country's youth. - Affan Anwer XI-B

Images:



Credits:

1. Written by Utkrisha Hazarika XII-A and Suhani Sarin XI-A
2. Feedbacks given by Zain Suhail XI-A and Affan Anwer XI-B
3. Photos taken by Saumya XI-C

Hunger Project Report
Class IX - B | 2024
Date: 19 October 2024
Prepared By: Jedidiah Gangmei

Objective: To supply sustenance to the underprivileged and spread cheer for the upcoming celebration of Diwali.

Prerequisite:

During the pre - visit, the students explored nearby areas and identified locations based on community needs, focusing on Ravi Das Campus Slum and the area under the Munirka flyover. They spoke with residents, asking about their livelihood, Diwali traditions and preferences, especially among young children. In conversation, the students also informed people about an upcoming Diwali distribution drive planned for the end of the month.

Students: Linh, Samar, Abel, Samuel and Jedidiah from Class IX-B.

Overview:

- Students brought 6 KG Sooji, 6 KG Sugar, 3 KG Ghee and an Assortment of dry fruits on Friday, 18th October.
- On 19th October, The students gathered to prepare the Dish 'Sooji ka Halwa' in the School Kitchen and distributed it.
- About 120 Containers holding the Sweet was served in two sites: Ravi Das Camp and The Munirka Flyover

Preparations:

- The students who were called to school in the morning of 19th October 2024, were sent into the kitchen with the purpose of preparing a large quantity of Sooji ka Halwa for distribution.
- Teachers and Students alike began their preparations with glee, finding enthusiasm in the delicate procedures leading to the finished product.
- First, the students were assigned to prepare chopping up almonds and cashews. Then, with the cashews and almonds finely chopped into bite-sized pieces, each of them began to take turns in the preparation of the Sooji, offering aid to one another in the occasion they exhausted themselves.
- For the later stages, the students joined hands together as one group, aiding in what they can until the finished product had been made.
- Letting the freshly made sweet cool down, there was a brief reprieve from the activities, letting them observe the fruits of their labor before beginning to pack them into containers for distribution.



Distribution: The students took seats on the bus, carrying the prepared Sweets and drove to their destination. Their first spot was the Ravi Das camp, the supplying of the Sooji ka Halwa taking some time to really pick up steam, though by the end of the brief period of distributing, half of the containers had been given out. We also wished Happy Diwali to the people there. The next destination was in The Munirka Shelter, where a rather unprecedented influx of people began to crowd, happily taking the provided food.

- The experience was indeed satisfying after all that had been exercised earlier in the day, the hard labor put to good use in the form of helping the community around them and With raised spirits, they headed back to the school premises.





Conclusion:

In the end, this showing of kindness isn't just about giving to the community but also to take the initiative we've never found a reason to take. Even if we know deep down how important it is to look after the people around us, to forge a deep bond and link with one another, it's not every day that we students get an opportunity to see how it feels to give in person.

Although it's important to focus on the aim of the Hunger Project, which is to feed the community, it is also important to focus on what you've gained from the lesson as that is another benefit of such efforts: To receive something unique to you, something that holds deep roots in your thinking. Taking ambitious projects like these aren't just for the community around you, but for you too.

With the end of the project, everyone has received a taste and a glimpse of what it is to take that leap of faith and step towards uncharted territories; preparing food together, packing it together and distributing it together, slowly but surely with one action at a time, becoming the best you can.

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Class IX-A, Hunger Project

On Oct 5th 2024, our class, 9A organized a hunger project, where we planned to distribute clothes and food to the underprivileged.

Initial Planning: It all started when we decided to collect clothes for donation. Many of us brought in clothes from home, and soon, we had enough to distribute. During the planning stage, we realized that providing food would also be a meaningful way to contribute. We discussed various meal options and settled on Dal Chawal— simple, nutritious, and comforting meal. We then chose Safdarjung Enclave hospital area as the distribution site, knowing that many people in need frequent the area.

Initially, we had planned to prepare and serve the food ourselves. However, as the school was having the Denmark Exchange Program, we decided it would be more practical to collect money to buy raw ingredients instead, by which the Danish students can give the ingredients and visit a Charity Home as well. We raised funds within our group to donate to the Missionaries of Charity in Civil Lines.

Pre Visit: The Citizen Empowerment Division conducted a pre visit to Missionaries of Charity at Jungpura and Civil Lines to analyze which place the students have to conduct the hunger project. As the children at Civil Lines were under the age group of 18, we decided to have Civil Lines as the location.



The Visit: In the final stages, as the Danish students were our guests, we decided to give them the opportunity to help with the actual distribution. They stepped in and distributed the food on our behalf, which was a kind gesture as our guests, even though we had done the planning and fundraising ourselves.

The Danish students shared their stories and also recited poems in their language. The children at Missionaries of Charity also recited poems. They shared a positive feedback proclaiming how the experience was valuable and gave them an understanding about mindful giving. The students also gave the children individual gifts as a token of love.



Feedback: In terms of feedback, most of my classmates expressed how fulfilling it was to contribute to such a meaningful cause. There was a collective sense of pride, empathy, and responsibility for having made a difference. However, some students also mentioned that they wished to have personally distributed the food, as they felt this would have given them an even deeper connection to the people they were helping. Though the Danish students took over the distribution as our guests, many of us were left with the desire to engage directly with the community ourselves. But we also gained a deeper sense of compassion and duty. Knowing that our efforts directly or indirectly benefited people in need which was both rewarding and humbling.

Overall, the event not only strengthened our teamwork but also deepened our compassion for others. It's an experience we'll carry with us for a long time.

Ananya Chawla, IX-A

HUNGER PROJECT- REPORT

- Pehu Gupta

"The war against hunger is truly mankind's war of liberation."

On Saturday, July 20, 2024, students from class 12-CC participated in a hunger project.

St. Mary's School firmly believes in the aforementioned declaration and is always at the forefront of all efforts to help create a world without hunger. Furthermore, our school is strongly committed to instilling in its students a sense of social responsibility through hunger projects, which are carried out by all students in a class through collaborative efforts and planning.

To begin, the pupils of the class were asked to pick on the food that would be distributed, which was initially veggie Maggi. However, after some deliberation, the dish was modified to vegetable khichdi, which is healthier, has more nutritional content, and would keep a person full for a longer amount of time.

The project's execution began on Monday by asking for the recipe for the vegetable khichdi and the number of ingredients required; from there, the ingredients were given to students. The dry ingredients were gathered on Thursday and Friday and stored in the school kitchen, while the veggies and other supplies came in on Saturday morning. The dry components included 6 kg of rice, 3 kg of moong chilka dal, 1 package of spices, 250 g of veggies, 1 kg of ghee, and 1 litre of mustard oil.

On Saturday morning, all of the kids who had volunteered for the service arrived at school by 7:30 a.m. and began preparing the vegetable khichdi. We first rinsed the vegetables, rice, and dal. Then we cut the vegetables into bite-sized bits before starting to cook them in a large vessel.





We started by adding ghee and oil to the pan, then some basic spices like salt, cumin, turmeric, and so on, and finally our vegetables. After cooking the vegetables, we added the rice, dal, and plenty of water to the pan and covered it. After around 40 minutes of cooking, it was practically done. After preparing the khichdi, we took it and left the school for distribution.

We travelled to Lodhi place, which was located under a highway and had many huts and destitute people. We stopped over there and urged people to form a line so that food could be distributed more easily. Instead of providing paper plates and forks, we encouraged them to bring their own containers and fill them.



The people there were overjoyed to see us, and they even applauded us. They offered us extremely great remarks like "bhot tasty ha" and "mast ha," which provided us with a different type of happiness from seeing others happy. The kind of satisfaction that is inexplicable but extremely calming to the heart. This project taught us a lot, and I'm glad for that.

This initiative not only taught us the value of food but also made us feel grateful for what we have. Our school is continuously working to instil a feeling of responsibility and thankfulness for the ability to consume decent food, despite the fact that some individuals only eat one meal per day. I will be eternally grateful to our principal for implementing this initiative and for the lessons we learned from it.

"If you can't feed a hundred people, then feed just one."

HUNGER PROJECT CLASS 12TH A 2024-25

Class 12th A prepared a hearty meal of chickpeas (chole) and chawal for the HUNGER PROJECT 2024-25 on 19th April 2024. It was a great accolade as the food item was prepared by class 12th A solely on their own without any significant external help. The overall project turned out to be a success and all the students who participated in the activity gained new experiences in both the domains of cooking and distribution. The activity unfolded in two phases- first was cooking where the students prepared chickpeas and rice in the school kitchen. 6kgs of Chickpeas and rice were prepared in the school kitchen - materials brought semi-cooked by the students and then further processed in the school kitchen under the supervision of the Class teacher. The class teacher extended her support in each and every way to the students- be it guiding the preparation of the food, keeping the students motivated or organizing the overall activity.

Distribution :

Once the cooking was done both groups collectively helped each other in packing the food in containers and since we had guest people from Bhutan on that day we even let them taste the food which we made and they found the food to be delicious as well. The taste of the food was a bit different for their taste buds since they never tried such food before but overall they too gave us compliments for our food.

Once everything was assembled , now the distribution group went using the school bus to AIIMS as the destination for the distribution of food which they had prepared . Over there the students got a whole new experience , they observed how people were so eager to get the

food and few often came twice or thrice in line just to get the food again . It was chaotic but at the same time we learnt about the situation of underprivileged people.

Conclusion :

Overall the Hunger project was successful and taught us many things that we often forget to value in our life such as the importance of basic necessities we have such as food , water , shelter etc. This made us aware about the reality of underprivileged people's situation and also helped in learning the value of teamwork . It explains that you should always be grateful for things and never take them for granted as not all people in the world can afford it .

- Yamini Kumar and Alisha Ibrahim
XII-A



